

- Harvey, AG., Sharpley, A., Ree, MJ., Clark, D. (*in press*). An Open Trial of Cognitive Therapy for Chronic Insomnia. *Behavior Research and Therapy*

Abstract

We describe the development of a cognitive therapy intervention for chronic insomnia. The therapy is based on a cognitive model which specifies that insomnia is maintained by: worry and rumination, attentional bias and monitoring for sleep-related threat, unhelpful beliefs about sleep, misperception of sleep and daytime deficits and the use of safety behaviors that maintain unhelpful beliefs. The aim of cognitive therapy for insomnia is to reverse all 5 maintaining processes during both the day *and* the night. In a consecutive case series, 19 patients meeting diagnostic criteria for primary insomnia were treated with cognitive therapy for insomnia. Assessments were completed pretreatment, posttreatment and at 3, 6, and 12 month followup. The significant improvement in both nighttime and daytime impairment evident at the posttreatment assessment was retained up to 12 months posttreatment.